












LIFE OPTIONS

APRIL 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Many area gyms are offering a discounted senior membership. Please call them directly for more info.</p>	<p>Johnson Lane Fitness 267-0389</p> <p>Gold's Gym 267-1700</p> <p>Define Fitness 782-2705</p>	 <p>April showers bring May flowers...</p>			<p>1 Ceramics 9am-3pm Resistance Exercise 10:30-11:15am</p>	<p>2 Sertoma Bingo 11am</p>
<p>3</p> 	<p>4 Resistance Exercise 10:30-11:15am Knitting 9am</p>	<p>5 Ceramics 9am-3pm Silver Yoga 10am</p>	<p>6 Resistance Exercise 10:30-11:15am</p> 	<p>7 Silver Yoga 10am</p>	<p>8 Ceramics 9am-3pm Resistance Exercise 10:30-11:15am</p>	<p>9 Spring Fling Dance @ the Senior Center 7-10pm</p> 
<p>10</p>	<p>11 Senior Adv. 8:15am YAH 9:30am Resistance Exercise 10:30-11:15am Knitting @ Aspen DMV Rep 10am</p>	<p>12 Ceramics 9am-3pm Silver Yoga 10am</p>	<p>13 Resistance Exercise 10:30-11:15am</p> <p>Birthday Day!</p>	<p>14 Silver Yoga 10am Watercolors 9am Alzheimer Support Group @ Merrill Gardens 2pm</p>	<p>15 Ceramics 9am-3pm Resistance Exercise 10:30-11:15am</p>	<p>16 Volunteer Appreciation Dinner 3pm</p>
<p>17 YAH Bingo 12pm-4pm</p> 	<p>18 Resistance Exercise 10:30-11:15am Knitting 9am</p>	<p>19 Ceramics 9am-3pm Silver Yoga 10am</p>	<p>20 Easter Hat Workshop 9-11am Resistance Exercise 10:30-11:15am</p>	<p>21 Silver Yoga 10am</p>	<p>22 Hat Parade 11:40 Bake Sale 8a-12p Ceramics 9-3 Resistance Exercise 10:30-11:15am</p>	<p>23</p> 
<p>24</p> 	<p>25 Resistance Exercise 10:30-11:15am Knitting 9am DMV Rep 10am</p>	<p>26 Ceramics 9am-3pm Silver Yoga 10am</p>	<p>27 Resistance Exercise 10:30-11:15am NV Legal Services</p>	<p>28 Silver Yoga 10am Watercolors 9am</p>	<p>29 Ceramics 9am-3pm Resistance Exercise 10:30-11:15am</p>	<p>30</p>

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Bingo 1:00pm	2 Sertoma Bingo 11am-4pm
3 	4 TRE Lunch 11am Bingo 1:00pm	5 TRE Lunch 11am Live Music 11am Dominos & Cards	6 Bingo 1:00pm Bridge 12pm-4pm	7 TRE Lunch 11am Dominos & Cards 	8 Bingo 1:00pm	9 Spring Fling Community Dance @ the Senior Center 7-10pm 
10 	11 DMV Rep 10:30 TRE Lunch 11am BP Check 12pm Bingo 1:00pm	12 TRE Lunch 11am Dominos & Cards	13 Bingo 1:00pm Bridge 12pm-4pm Birthday Day!	14 TRE Lunch 11am Dominos & Cards	15 Bingo 1:00pm Tax Day!	16 Volunteer Appreciation Dinner 3pm 
17 YAH Bingo  12pm-4pm	18 TRE Lunch 11am Bingo 1:00pm	19 TRE Lunch 11am Live Music 11am Dominos & Cards	20 Hat Workshop 9am Bingo 1:00pm Bridge 12pm-4pm	21 TRE Lunch 11am Dominos & Cards	22 Bake Sale 8am-noon Hat Parade 11:40am Bingo 1:00pm	23 
24 	25 DMV Rep 10:30 TRE Lunch 11am Bingo 1:00pm	26 TRE Lunch 11am Dominos & Cards 	27 BP Check 11:30 Bingo 1:00pm Bridge 12pm-4pm NV Legal Services	28 TRE Lunch 11am Dominos & Cards	29 Bingo 1:00pm	30 